



Training Course

YO(uth)GA

6 - 14 September 2021

Korenov, Czechia



Erasmus+



Through yoga, meditation and nature...

- Awake
- Shape
- Share

... yourself :)

"You are as old as the flexibility of your spine." YB

YOGA and YOUTH WORK

We believe there is a need for transformation. As youth workers we are supposed to provide fair treatment to every young person we are working with.

We believe yoga is a great tool to **“unlearn” the social patterns** we learnt throughout our life, such as **stereotypes** and **prejudices**, and acquire neutrality towards diverse groups of people as an alternative. This will lead to increased capacities of youth workers, but also motivation and wellbeing.

The easiest way to learn new tools is to learn them physically in person. In this case new tools are yoga and meditation.

WHY – TRAINING OBJECTIVES

- To **introduce yoga** philosophy and methodology into European youth work,
- To explore, provide, exchange and develop innovative theories and educational approaches that youth workers can use in order to improve their work with marginalized youth that is subject to prejudices,
- To deconstruct the out-dated limiting attitudes towards youth work and yoga,
- To increase the capacities, motivation and wellbeing of youth workers,
- To spread the new innovative practices among youth workers around Europe and implement new activities targeting young people that they work with.
- To develop sustainable daily practice of yoga or any other daily routine that will be practiced by the youth workers.

HOW - TRAINING TECHNIQUES

- Experiential learning (learning by doing),
- Daily yoga and meditation sessions including relaxation,
- Exploring kundalini essence within us,
- Meditation sessions and mantra singing,
- Establishing the habit of a daily physical practice,
- Sharing circles,
- Peer to peer learning (sharing knowledge and skills with each other),
- Hiking in nature and nature based activities,
- Silent days,
- Mindfulness, addressing feelings, thoughts, maintaining inner peace,
- Identifying and dissolving blockages and prejudices,
- Work with five elements,
- Embodied and movement learning,



FOR YOU IF YOU ...

- Are a youth worker (trainer, coach, teacher, youth leader, organizer, volunteer, activist, social worker, etc.),
- Resonate with the idea of the project, want to delve deeper into the topics and are open to commit and experiment with them,
- Are above 18 years old,
- Are resident in one of the project partnership countries: Czech Republic, Cyprus, Lithuania, Greece, Italy, Poland, Germany, Austria,
- Are able to work in English,
- Will consider travelling options to the project by bus or train,
- Will committ to care for health and safety of the group.



THE PLACE

We are blessed to be hosted in **Turnovská chata**, a mountain cottage, located in the mountains and forests of **Jizerské hory**. The place will frame a serene and tranquil environment, suitable for our activities within nature and deepening our yoga and meditation experience. <https://turnovska-chata.cz/>

We will be hosted in **shared rooms of 3 people**. Some rooms have their own toilets and showers, other rooms don't and for these there are shared toilets and showers located in the corridor.

During the stay, **we will practice seva**, meaning sharing some of duties like maintaining the common areas, dishes after lunch and dinner and cleaning of the house at the end of the training. Seva is another way of meditating, through serving others and contributing, opening the heart, giving total attention to what you do and expecting nothing in return.

We will be enjoying rich, empowering and **delicious vegetarian food**, for breakfast, lunch, dinner and breaks, respecting our individual diets (providing options for e.g. vegan, gluten-free, no-pork, etc.).



TRAVELS

ARRIVAL: Monday 6th September afternoon

DEPARTURE: Tuesday 14th September morning

Geographically it is in the very north of the Bohemian region of the Czech Republic, close to borders with Poland, near small town **Kořenov**. The most nearby bus stop is called "**Kořenov, Příchovice, ZD**", which is accessible **from Prague within 2,5 - 3 hours** of public transport with 1 or 2 changes. You can consult public transport in Czech Republic at IDOS:

<https://idos.idnes.cz/en/vlakyaautobusymhdvse/spojeni>

Please choose the most environmentally friendly form of transport e.g. bus or train. Avoid short haul (<1000 km) flights, and if you must fly, choose airlines with higher occupancy rates and more efficient aircraft.



FINANCES

Thanks to funding by Erasmus+ we can offer this opportunity without you having to pay for majority of its costs, including offering a **travel subsidy** based on the distance:

Cyprus – 290 Eur

Greece, Italy, Lithuania – 220 Eur

Austria, Germany, Poland – 140 Eur

Czechia – 40 Eur

To make the training accessible to everyone, there is a **training fee of 60-120 Eur**. It is on sliding scale of what is possible for you to invest in your learning right now. It is to allow anybody to participate and re-distribute the costs accordingly.

However, money should not be an obstacle for your participation. In case you can not afford the contribution, please contact us.

TRAVEL SUBSIDY CONDITIONS

We will reimburse your travel costs up to amount of subsidy stated previously. If your travel costs are lower or same as this amount, you get reimbursement of 100% of your real travel costs. If your travel costs are higher than the subsidy, the difference is covered by you. That's why we recommend to look for travel itinerary as soon as you receive our confirmation to book your tickets, since they are often much cheaper when bought in advance.

Due to conditions of Erasmus+ funding, to be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (originals). ONLY if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs. The reimbursement is done usually approx. 2 months after the project, once you send us the originals of the tickets.

HEALTH

We intend to do the training **without masks, meanwhile not compromising group safety**. Based on the current pandemic situation in our countries in the training dates we ask you to follow the safety conditions, such as assure you are tested negative before coming to the venue or having a valid vaccine. The easiest place to consult it is <https://reopen.europa.eu/>

Every participant will be required to purchase travel insurance that can cover medical expenses in the Czech Republic. Please, be aware that EHIC (European Health Insurance Card) is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs. To learn more, please go to ehic.europa.eu. Inform yourself at your regular health insurance provider if they provide such insurance for abroad or visit the webpage of any other private provider (e.g. AXA, Generali, Allianz, ...).

APPLICATION

To apply, fill in the online application form at <https://forms.gle/nPQrXMTMbqnAHDkjZ>

If you are selected to participate, we will contact you in order to arrange your travel to Czechia. You will send us your proposal for the travel itinerary. Once we confirm the proposed itinerary, you book your tickets.

If you have any health, mental or physical conditions, or anything that may limit or affect your participation in the training course activities, then please let us know what they are and how best to assist you.



PROGRAM AUTHORS

PETR BERÁNEK (CZ)

Petr has traveled and studied his practice in several different countries, such as Australia, Thailand and Sweden. He has been a certified kundalini yoga teacher since 2018 and teaches regular yoga lessons since January 2019. Petr developed and strengthened his own daily kundalini yoga practice in the last 4 years. Through this practice he has gained valuable experiences. He is also a certified coach since 2018 and uses coaching tools to bring his customers valuable results. Further, Petr has worked for the last 8 years in Austria as a Project Manager and Sales Manager for two companies. The focus of the projects is on industrial air cleaning systems for customers as foundries working with metals or biomass power plants in middle and western Europe. Through these experiences Petr carries an intercultural mindset and is used to work with people from different backgrounds.



IVAN KOBELEV (RU)

Ivan is a facilitator, trainer and group processes consultant. Over the last 10 years he has been facilitating courses and conferences around Europe and Asia, empowering young people, teachers, entrepreneurs and activists from more than 80 organizations, such as local initiatives as well as large institutions such as Security Council of the UN. He has been drawing on his learnings from non-formal education as well as coaching, embodiment, nature based learning, or peace education. Today he is mainly mentoring beginning facilitators and consulting leaders on facilitation techniques and philosophy, so they could hold amazing workshops and empower their teams themselves. Within today's conditions he is helping mostly with virtual facilitation, showing that online meetings can be same interactive, connecting and can achieve results as much as the physical ones.



CONTACT

A question? Don't hesitate! Write to us at

yogaerasmus@gmail.com

We will love to hear from you!

